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- 4. Iron is important
- 5. You need Vitamin A

United States Department of Agriculture  
Food and Nutrition Service Program Aid No.1208



Migrant Demonstration Project  
Nutrition Education Lessons

Special Supplemental Food Program for  
Women, Infants and Children

March 1978  
Food and Nutrition Service  
U.S. Department of Agriculture  
Program Aid No. 1208

Rules for acceptance and participation in this program are the same for all, without regard to race, color, age, sex, or national origin.

Las reglas para la aceptación y participación en este programa son lo mismo para todos, sin importar la raza, el color, la edad, el sexo o el origen nacional.

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Instructor's Guide

Migrant families are often an impoverished group whose pregnant or breastfeeding women, infants, and children could benefit from the supplemental food and nutrition education provided under the Special Supplemental Food Program for Women, Infants, and Children (WIC). Although the WIC Program has tried to serve migrant families, the obstacles inherent in reaching this transient group have been extremely difficult to overcome. Therefore, in an effort to improve service to migrant fami-

lies, a migrant demonstration project has been developed.

Goals:

One goal of this project is to develop a model program for providing nutrition education to migrant WIC Program participants. To meet the unique circumstances of the migrant family, nutrition education has to do the following:

- It must be short-term and intensive, and must provide the most essential information.
- It must reflect the lifestyle of the migrant family (limited cooking facilities, limited time for parents to prepare meals, lack of refrigeration, etc.).
- Where appropriate, it must provide bilingual instruction and materials.

With these considerations in mind, a nutrition education curriculum of 11 sequential lessons has been developed for the migrants participating in the project.

Special Nutritional Needs:

Since this program is directed at the nutritional needs of Mexican-American migrants, particular attention has been given to the findings of two pertinent studies—the Ten-State Nutrition Survey<sup>1</sup> and a South Texas study<sup>2</sup>. These studies found:

- Mexican-Americans generally need more vitamins A, D, B<sub>1</sub>, B<sub>2</sub>, folic acid, calcium, and iron. This is due to a lack of milk, milk products, fruits, and vegetables in their diets.
- An apparent habit of empty-calorie snacking has resulted in one or more dental caries for almost half of the children. Obesity is also a widespread problem among Mexican-Americans.

To help prevent these problems, the lessons will help you encourage participants to:

1. Eat more fresh fruits and vegetables and their juices, especially those rich in vitamins A and C.
2. Use more milk and milk products. Since cost and refrigeration may limit the consumption of milk, encourage the use of dry milk for children and adults.
3. Eat more nutritious snacks and less empty-calorie snacks. Eat foods from the four food groups instead of empty-calorie foods.
4. Eat more iron-rich foods.

It is important to remember that each participant is an individual with his or her own dietary needs. Some may be lacking in calories. Others may have specific problems like obesity, toxemia of pregnancy, or diabetes, and may need special dietary counseling. Therefore, when presenting the lessons, it is important that you keep in mind the dietary needs of each participant.

Curriculum:

Each of the 11 lessons runs about 10 minutes in length. Each contains charts for your viewing and use, and illustrations or visual charts which reinforce the lesson you are teaching to the participants. The instructor's charts include:

- The lesson title and number
- The overall concept of the lesson
- The specific objectives participants should learn
- Activities to reinforce each lesson
- Pre-test questions
- The actual lesson you will teach
- Post-test questions and answers
- Teaching aids and references

The pre- and post-test questions will help you determine how much the WIC participant has learned from the lesson materials. This will help you, as professionals and paraprofessionals, evaluate the effectiveness of the lessons and the participants' progress. Each time a participant completes a lesson, you will note each completed lesson on the participant's verification of certification card and project participation log. (See instructions for completing the WIC Program verification of certification card, at the end of the instructor's guide.)

WIC participants come to the WIC clinic with different backgrounds and different needs. The lessons are designed to teach pregnant and breastfeeding mothers and parental guardians about their dietary needs and those of their infants and children. However, with some creativity, you can simplify appropriate lessons to use with groups of young children. There are directions and suggestions for conducting the lessons at the end of the Instructor's Guide.

The WIC Foods:

Throughout the lessons, reference is made to the WIC food package. As part of the WIC Program, specified nutritious foods are provided to pregnant or nursing women, infants, and children up to 5 years of age who are determined by competent professionals (physicians, nutritionists, nurses, and other health officials) to be at "nutritional risk" because of inadequate nutrition and inadequate income.

Under the WIC Program, infants receive iron-fortified formulas, cereal which is high in iron, and fruit juice which is high in vitamin C. Infants 6 months of age and older may receive fortified whole fluid milk or fortified evaporated milk instead of iron-fortified infant formula. Participating women and children receive fortified milk and/or cheese, eggs, hot or cold cereal which is high in iron, and fruit and vege-

table juice which is high in vitamin C. By stressing the nutritional value and use of the WIC foods and other foods common to the Mexican-American culture, the dietary deficiencies of the migrant population can be prevented. You should carefully explain to each participant why the foods in their WIC food package are crucial to their health. Note: To help WIC families get a better diet, make sure they know *where* and *how* to apply for food stamps.

<sup>1</sup>*Ten-State Nutrition Survey 1968-1970*. Highlights, Department of Health, Education, and Welfare, Publication No. (HMS) 72-1834, 1972.

<sup>2</sup>Larson, L. B., Dodds, T. M., Massoth, D. M., and Chase, H. P., *Nutritional Status of Children of Mexican-American Migrant Families*. Department of Pediatrics, University of Colorado Medical Center, 4200 East Ninth Avenue, Denver, CO 80220.

General References:

1. *Guia Para Comer Mejor (A Daily Guide for Good Nutrition)*, 1974. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Stock No. 0124-00192. Price: 35 cents.

2. *Guide to Good Eating* (Spanish version available). National Dairy Council, 6500 N. River Rd., Rosemont, IL 60018, 1977. Price: 5 cents.

3. *Infant Care*. Publication No. (OHD) 76-30015. U.S. Department of Health, Education, and Welfare, Office of Human Development, Office of Child Development, 1977. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: \$1.00.

4. McWilliams, Margaret, *Nutrition for The Growing Years*. Second Edition: John Wiley and Sons, Inc., NY 10016, 1975. Price: \$12.50 plus postage.

5. *Prenatal Care* (in English and Spanish). U.S. Department of Health, Education and Welfare, Office of Child Development, 1973. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: \$1.00.

6. *Nutrition During Pregnancy and Lactation*. Maternal and Child Health Unit, California State Department of Health, 714 P Street, Sacramento, CA 95814, 1975. Price: Single copy free.

Directions for Conducting the Lessons

Structure the lessons around the abilities and educational levels of the participants. You might ask participants to respond to the questions either orally or in writing. For example, you might ask participants to

fill in the blank, match or circle the correct answer. If reading or writing is a problem, you can ask the participant to point to or select the correct response from a group of food models, pictures of different food items, or from a display of the WIC food package.

1. Read the entire lesson *before* the instruction. Each lesson (excluding activities) is planned to be approximately 10 minutes in length.

2. Plan activities to emphasize major points in each lesson.

- a. Decide if you are going to use some or all of the activities suggested.
- b. Decide when to do which activity—before, during or after the message.
- c. Select activities appropriate to the needs of the participants and to fit within the time frame available.
- d. Use filmstrips, slides, or other appropriate materials to supplement each flip chart lesson, if available.

3. *Before* the class, make or collect all materials needed:

- a. Handouts for participants
- b. Posters or other audiovisuals, as needed
- c. Paper, pencils, magic markers, chalk
- d. Blackboard, posterboard, newsprint
- e. Food models or pictures of food
- f. All food and equipment needed for cooking demonstrations

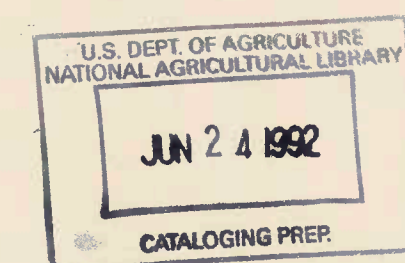
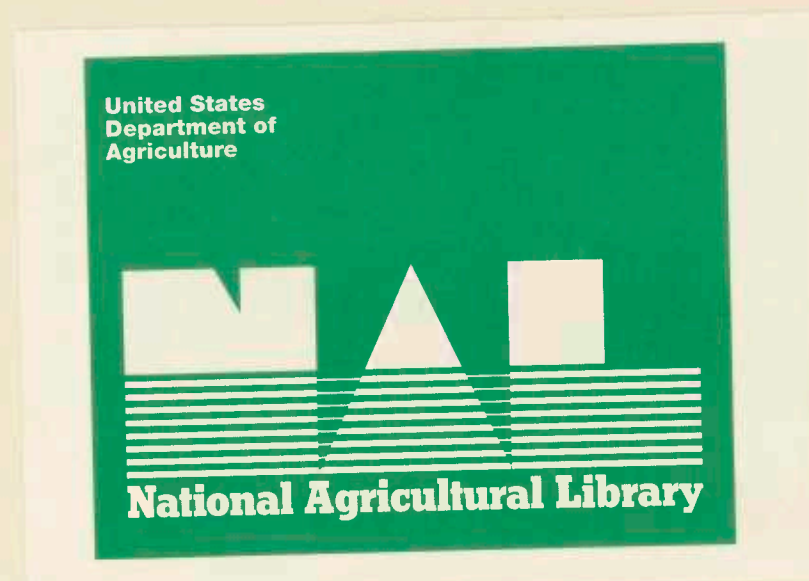
Instructions for Completing the WIC Program Verification of Certification Card

Each participant certified for participation in the WIC Program will receive a WIC Program verification of certification card. The participant will keep this card for use during the entire migrant project.

Please note the section of the card labeled "Nutrition Education Assigned and Completed." The official responsible for conducting nutrition education fills out this portion of the card. The official is to circle each nutrition education lesson number for which she or he believes the participant should receive instruction. Once the participant completes a lesson, the official records the date.

If the official believes that the participant understands the material and needs no review or repetition, he or she circles the date to show the lesson was successfully completed. However, if the official believes that the participant needs further review of the material, the date is recorded but not circled. This will alert the next official providing nutrition education that the participant has received instruction on the lesson but has not completely mastered the material and needs review. Once an official believes that the participant does understand the material, the date is circled.





## Iron Is Important

### Lesson 4

#### Introduction

**Concept:** During pregnancy both the mother and the growing baby inside of her need additional iron. Therefore, it is important for the pregnant woman to eat iron-rich foods every day. Young children also need to eat iron-rich foods each day.

**Objectives:** After the message and learning activities, participants will be able to:

1. State, select, or list the correct answers to the following questions:

a. Why does everyone need to eat foods that contain iron?

b. Why is it especially important for pregnant women to eat foods that contain iron?

c. Why should we eat more than one iron-rich food a day?

2. Identify five good food sources of iron.

3. State that they have or will increase their intake of iron-rich foods.

4. What are five foods that contain a lot of iron?

5. Which foods in the WIC food package are good sources of iron?

#### Activities

1. Have everyone state which foods she thinks are high in iron.

2. Have participants compare the foods they thought were high in iron in the beginning of the session to a list of excellent sources you distribute.

3. Discuss what foods participants could add to their daily diets to increase their iron intake.

4. Develop a poster of foods eaten by this group that are good sources of iron.

#### Pre-test Questions

1. Why does everyone need to eat foods that contain iron?

2. Why is it especially important for pregnant women to eat foods that contain iron?

3. Why should we eat more than one iron-rich food a day?

4. What are five foods that contain a lot of iron?

5. Which foods in the WIC food package are good sources of iron?

## El Hierro Es Importante

### Lección 4

#### Introducción

**Concepto:** Durante el embarazo la madre y el bebé necesitan hierro adicional. Por eso es importante que la mujer encinta coma alimentos ricos en hierro cada día. Los niños también necesitan comer alimentos ricos en hierro todos los días.

**Objetivos:** Después de la lección y las actividades el participante podrá hacer lo siguiente:

1. Identificar, seleccionar o hacer una lista de las respuestas correctas de las siguientes preguntas:

a. ¿Por qué es necesario comer alimentos que contienen hierro?

b. ¿Por qué es especialmente importante que las mujeres encinta coman alimentos ricos en hierro?

c. ¿Por qué debemos comer más que un alimento con hierro cada día?

2. Nombrar cinco alimentos que son ricos en hierro.

3. Decirle que han aumentado o aumentarán la cantidad de alimentos ricos en hierro que comen.

4. Decir que alimentos en el paquete de comida de W I C son ricos en hierro.

#### Actividades

1. Pregúntele al participante que le diga que alimentos ella piensa son ricos en hierro.

2. Pídale a los participantes que comparen los alimentos que pensaron que tenían mucho hierro al principio de la lección con una lista de alimentos ricos en hierro que usted les dé.

3. Discuta los alimentos que el participante debe añadir a su dieta para aumentar la cantidad de hierro que recibe.

4. Haga una cartulina de alimentos que este grupo come, que son ricos en hierro.

## Cuestionario Antes de la Lección

1. ¿Por qué es necesario comer alimentos que contienen hierro?

2. ¿Por qué es especialmente importante que las mujeres embarazadas coman alimentos que contienen hierro?

3. ¿Por qué debemos comer más que un alimento rico en hierro cada día?

4. ¿Qué alimentos en el paquete de comida de WIC son ricos en hierro?



## 4. Iron is important

1. Everyone needs iron.

1. Todos necesitan el hierro.







2. It helps keep your blood healthy and helps prevent anemia.

2. El hierro ayuda a mantener la sangre fuerte y a prevenir la anemia.







3. If you don't get enough iron, you will tire quickly. You won't be able to do as much work or pay attention as long.

3. La persona que no obtiene suficiente hierro, se cansará rápidamente. También no podrá hacer mucho trabajo o prestar atención por mucho tiempo.







4. For women, iron is probably the most important nutrient. Women need more iron than men because women lose some each month when they have their period.

4. El hierro quizás es el nutritivo más importante para las mujeres. Las mujeres necesitan más hierro que los hombres por que ellas lo pierden cuando tienen la regla.



# **LAS MUJERES NECESITAN HIERRO**





**5. Pregnant women need iron most of all.  
And your baby needs extra iron too. Your  
baby will store the iron it needs for the  
first few months of life.**

**5. Las mujeres embarazadas necesitan más  
hierro. Los bebés también necesitan hierro  
adicional. Su bebé guarda el hierro que  
necesita para los primeros meses de la vida.**







6. So make sure to get enough iron in your diet every day. Most foods have only a little iron in them, so you have to eat many foods that are high in iron to get the amount you need. Liver, dried beans, lean red meat, and greens are some of the foods that contain a lot of iron. In the WIC package, you get the eggs and iron-fortified cereals that are very good sources. (Discuss the cereals that are available in your area for the WIC participant.)

6. Así que asegúrese de obtener suficiente hierro en su dieta cada día. La mayoría de los alimentos solamente contienen un poco de hierro, así que usted tiene que comer muchos alimentos que son ricos en hierro para conseguir la cantidad que necesita. El hígado, los frijoles, la carne roja con poca grasa y las verduras son unos de los alimentos que contienen mucho hierro. En el paquete de comida de WIC, hay huevos y cereales fortificados con hierro, que son muy ricos en hierro. (Discuta los cereales disponibles para los participantes en su localidad.)







## Post-test Questions and Suggested Answers

1. Why does everyone need to eat foods that contain iron?

Answer: Iron is needed for good blood and to help prevent anemia. If people don't get enough iron, they tire quicker. They can do less work and can't pay attention as long.

2. Why is it especially important for pregnant women to eat foods that contain iron?

Answer: When you're pregnant, both you and your growing baby need extra iron. Because the baby stores this iron for needs during the first few months of life, it is very important for the pregnant women to eat foods containing iron.

3. Why should we eat more than one iron-rich food a day?

Answer: Since most foods contain a small amount of iron, you need to eat a number of foods that are high in iron to make sure you get the amount you need.

4. What are five foods that contain a lot of iron?

Answer: Examples include: liver, dried beans, eggs, spinach, iron-fortified cereals.

5. Which foods in the WIC food package are good sources of iron?

Answer: Eggs and the iron-fortified cereals.

## Teaching Aids

1. *Iron—The Hard-to-Get Nutrient*, "Hand-out No. 5." Mildred Crance, Media Services, B-10 Martha Van Rensselaer Hall, NYS College of Human Ecology, Cornell University, Ithaca, NY 14853, 1976. Price: \$1.50 for 25 copies.

2. Stucky, Virginia Toews, R.D., *Nutrition for the Nation*. The Diet Teaching Programs, Inc., #209, 1000 South Woodlawn, Wichita, KS 67218, 1976. Price: Free.

## Reference

Fry, Barbara, *Iron: How Big a Problem?* Slide set, 1976. For sale by Mildred Crance, Media Services, B-10 Martha Van Rensselaer Hall, NYS College of Human Ecology, Cornell University, Ithaca, NY 14853. Price: \$8.50 per set.

## End of Lesson

Remember: Record lesson completion and whether or not the participant has mastered the material on the WIC Program verification of certification card.

## Cuestionario Después de la Lección y Respuestas Sugeridas:

1. ¿Por qué es necesario que todos comen alimentos ricos en hierro?

Respuesta: El hierro es necesario para tener la sangre fuerte y para ayudar a prevenir la anemia. Si una persona no consigue bastante hierro se cansa fácilmente. Además no puede trabajar mucho y no puede prestar atención por mucho tiempo.

2. ¿Por qué es especialmente importante que las mujeres encinta coman alimentos ricos en hierro?

Respuesta: Cuando está embarazada usted y su bebé que está creciendo, necesitan hierro adicional. Es muy importante que la mujer encinta coma alimentos ricos en hierro, porque el bebé guarda el hierro que necesita durante los primeros meses de vida.

3. ¿Por qué debemos comer más que un alimento rico en hierro cada día?

Respuesta: Puesto que la mayoría de los alimentos contienen un poco de hierro, usted tiene que comer algunos alimentos que sean ricos en hierro para asegurar que obtiene la cantidad necesaria.

4. ¿Qué son 5 alimentos que contienen hierro?

Respuesta: Los ejemplos incluyen: el hígado, los frijoles, los huevos, la espinaca y los cereales fortificados con hierro.

5. ¿Qué alimentos en el paquete de comida de WIC son ricos en hierro?

Respuesta: Los huevos y los cereales fortificados con hierro.

## El Fin de la Lección

Recuerde: Tiene que indicar en la tarjeta de verificación de certificación del Programa de WIC, que el participante completó la lección y que sí o no comprendió y aprendió la materia.







## You Need Vitamin A

### Lesson 5

#### Introduction

**Concept:** Women need more vitamin A during pregnancy. Vitamin A helps the fetus's skin develop normally. It also helps its eyes function properly. For these reasons it is important for the pregnant woman to eat foods that are good sources of vitamin A. Young children also need vitamin A for proper growth and development.

**Objectives:** After the message, participants will be able to:

1. State at least two reasons why everyone needs vitamin A.
2. State why it is important to eat foods high in vitamin A when they are pregnant.
3. Distinguish between good and poor sources of vitamin A.
4. Plan a meal that contains two vitamin A-rich foods.
5. State that they will eat more foods that are high in vitamin A.

#### Activities

1. Turn off the lights in the room. Ask participants to raise their hands when they can see in the dark. Explain that this is one of the ways vitamin A works in the body. It helps you adjust to changes from light to dark.
2. At the beginning of the session, ask people to name foods they think are high in vitamin A. Make a list. After the lesson, have the class correct the list and add to it.
3. Ask what food group is the major contributor to vitamin A. Answer: Fruits and vegetables, especially dark green and dark orange ones. Liver from the meat group is also an excellent source of vitamin A.

4. Food tasting: Prepare carrot-raisin salad, spinach salad, cheese omelet, or other foods high in vitamin A.

5. After the lesson, name and show pictures of foods. Ask people to raise their hands if a food is a good source of vitamin A. This activity will be successful if people identify the vitamin A rich foods correctly.

#### Pre-test Questions

1. Why does everyone need vitamin A?
2. Why is it important to eat foods high in vitamin A when you're pregnant?
3. What two foods did you eat yesterday that are high in vitamin A?
4. What are two foods that are high in vitamin A?

## Usted Necesita la Vitamina A

### Lección 5

#### Introducción

**Concepto:** Cuando las mujeres están encinta necesitan más vitamina A. La vitamina A le ayuda a su bebé a desarrollarse bien. También le ayuda a que los ojos de su bebé funcionen debidamente. Por eso es importante que la mujer que está encinta coma alimentos que son ricos en la vitamina A para que el bebé crezca y se desarrolle debidamente. Los niños también necesitan la vitamina A para desarrollarse.

**Objectivas:** Después de las lecciones y las actividades el participante podrá hacer lo siguiente:

1. Dar dos razones por qué todos necesitan la vitamina A.
2. Decir por qué es importante comer alimentos ricos en la vitamina A cuando está encinta.
3. Calificar comidas que son ricos en la vitamina A y también comidas que no lo son.
4. Planear una comida que puede preparar que tenga dos alimentos que son ricos en la vitamina A.
5. Decir que van a comer más alimentos que son ricos en la vitamina A.

#### Actividades

1. Apague la luz del cuarto. Pídale a los participantes que levanten la mano cuando puedan ver en la oscuridad. Explique que el poder ver en la oscuridad es una de las maneras en que trabaja la vitamina A. Le ayuda a sus ojos a ajustarse a los cambios de la luz a la oscuridad.
2. Al principio de la lección pídale a los participantes que nombren comidas ricas en la vitamina A. Haga una lista. Después de la lección pídale al grupo que corrijan la lista y agreguen otras comidas ricas en la vitamina A.

3. Pregúnteles que grupo de comida les da más vitamina A. La respuesta es: el grupo de las frutas y los vegetales, especialmente los de color anaranjado y verde oscuro. El hígado, del grupo de la carne, también es rico en la vitamina A.

4. Probando la comida: Prepare una ensalada de zanahoria y pasas o una ensalada de espinacas o huevos con queso o otras comidas ricas en la vitamina A.

5. Después de la lección enseñe las fotos de las comidas y diga los nombres de esas comidas. Pídale a los participantes que levanten la mano si la comida en la foto es rica en la vitamina A. Esta actividad nos dirá si los participantes pueden identificar las comidas ricas en la vitamina A.

#### Cuestionario Antes de la Lección

1. ¿Por qué necesitamos todos la vitamina A?
2. ¿Cuándo está encinta por qué es importante comer alimentos ricos en la vitamina A?
3. ¿Qué son dos alimentos que comió ayer que son ricos en la vitamina A?
4. ¿Qué son dos alimentos que son ricos en la vitamina A?



# 5. You need Vitamin A



1. Everyone needs vitamin A. We need it for good eyesight and to be able to see in the dark.

1. Todos necesitamos la vitamina A. La necesitamos para tener la vista buena y para poder ver en la oscuridad.



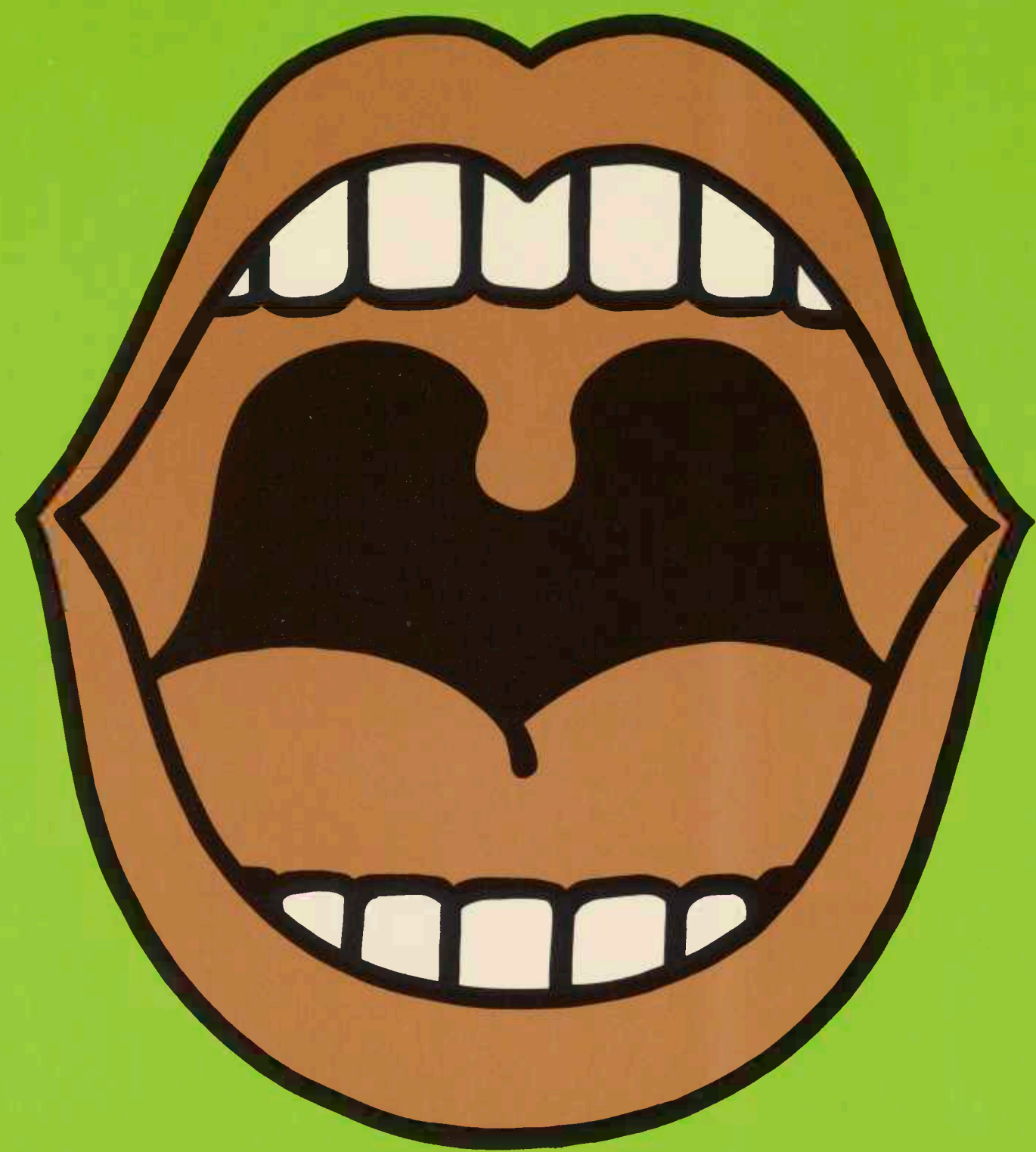




2. We need it for a healthy mouth and digestive tract.

2. También la necesitamos para tener la boca saludable, así como los intestinos digestivos.



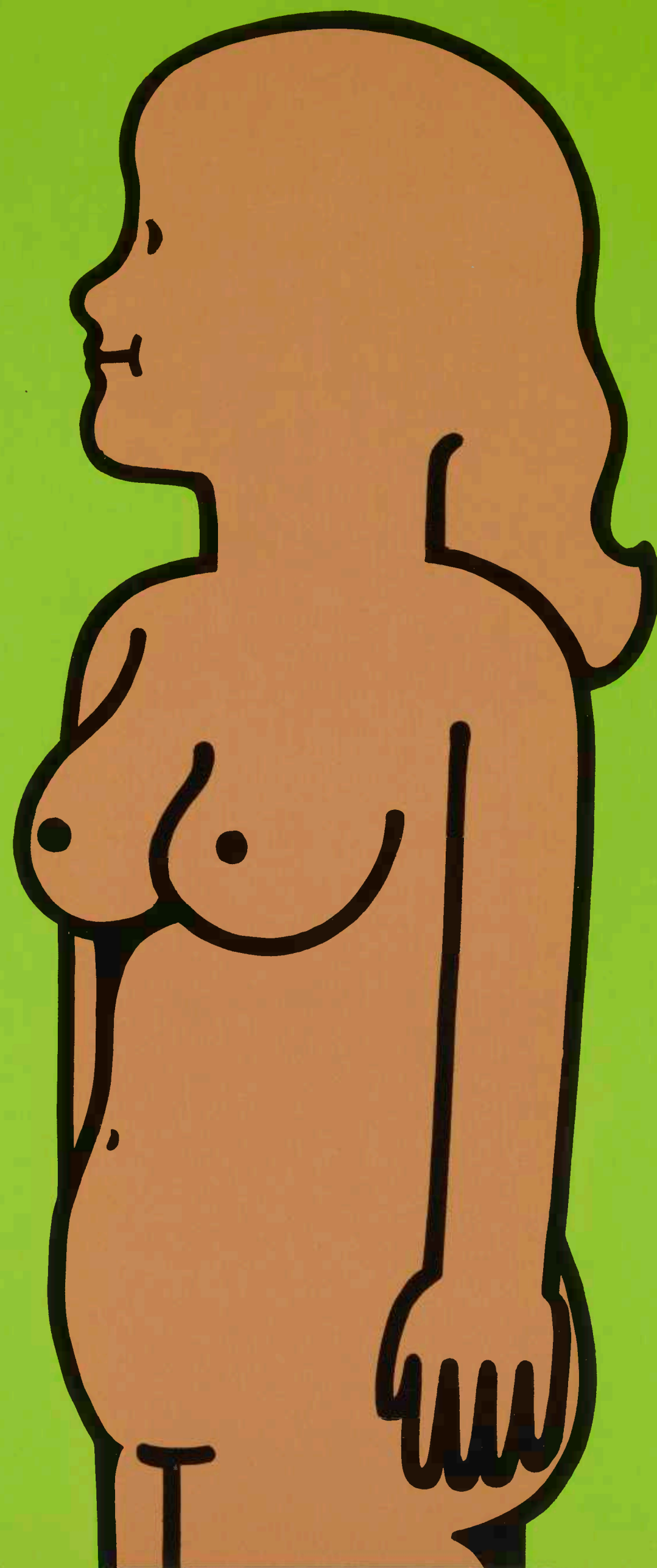
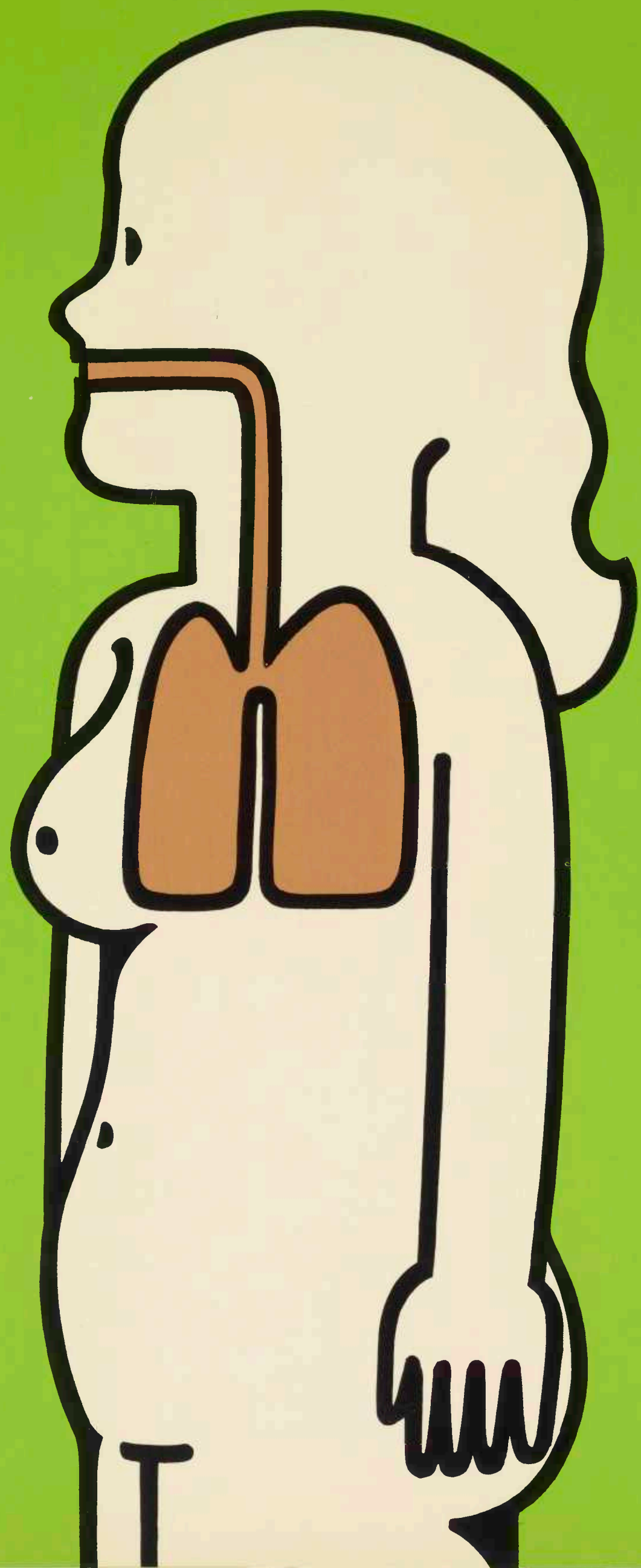




3. Vitamin A is also good for healthy lungs and skin.

3. La vitamina A también es buena para mantener la piel y los pulmones saludables.







4. Vitamin A also helps us resist infections.

4. También nos da resistencia contra infecciones.



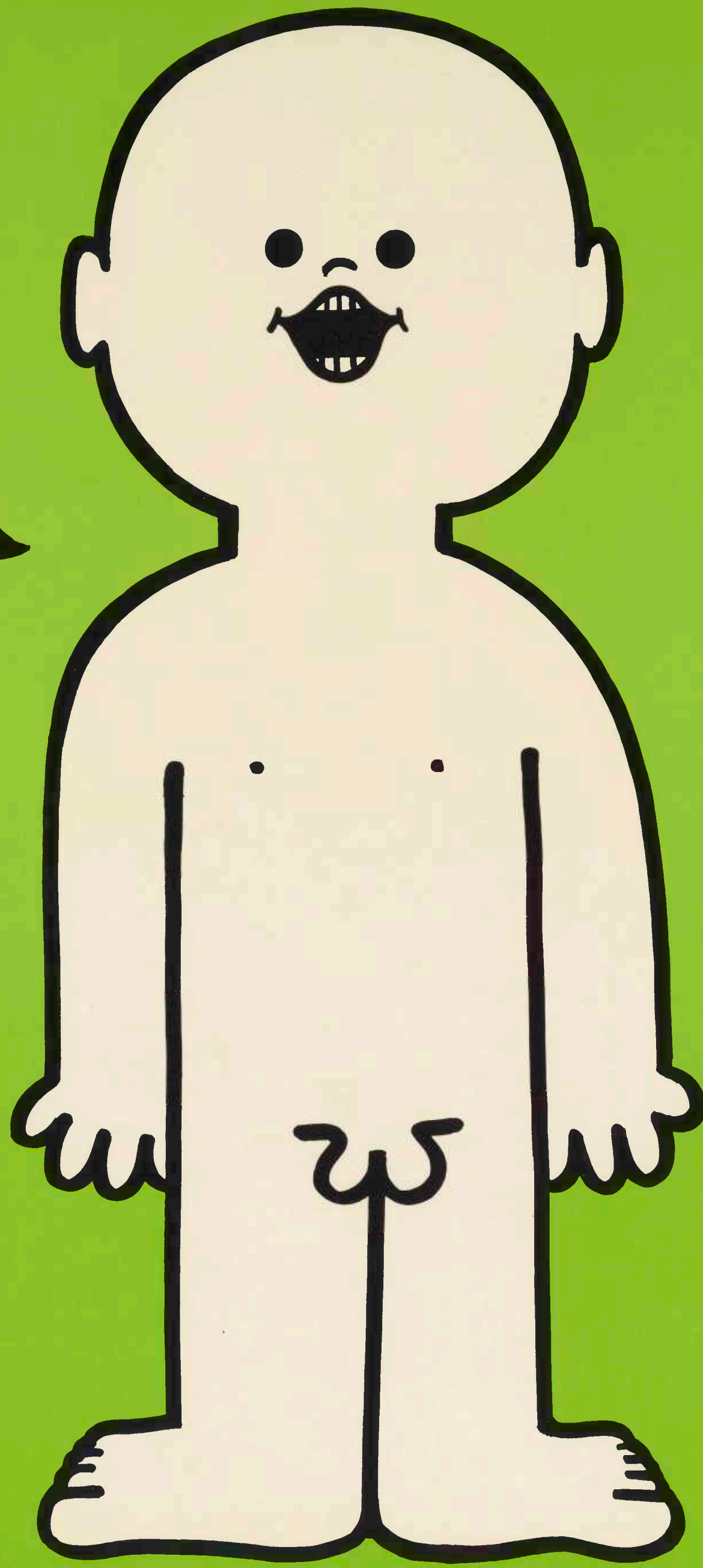




5. Children need vitamin A to grow properly, and to help their teeth form properly.

5. Los niños necesitan la vitamina A para crecer y para formar los dientes debidamente.





3ft

2ft

1ft



6. When you're pregnant, you need even more vitamin A for the baby growing inside you.

6. Cuando está encinta necesita aun más vitamina A para su bebé que está creciendo.







7. The vitamin A you take in will help your baby develop properly and have healthy skin, good eyesight, proper tooth formation, and bone growth. Make it a point every day to eat a food that's high in vitamin A.

7. La vitamina A le ayudará a su bebé a desarrollarse debidamente y a tener la piel saludable, la vista buena y la formación debida de los dientes y los huesos. Asegúrese de comer alimentos ricos en la vitamina A todos los días.







8. What are some foods that are high in vitamin A? Well, liver contains more *vitamin A* than any other food. Other foods that are high in vitamin A are dark green and orange-colored fruits and vegetables. Chili peppers, papayas, carrots, sweet potatoes, tomatoes, and cantaloupe are just a few examples of foods high in vitamin A.

8. ¿Cuáles alimentos son ricos en la vitamina A? El hígado tiene más vitamina A que ningún otro alimento. Otros alimentos ricos en la vitamina A son las frutas y las verduras de color verde oscuro o anaranjado. Los chiles, las papayas, las zanahorias, el camote, los tomates, y el melón son unos cuantos ejemplos de alimentos ricos en la vitamina A.







9. The WIC foods which contain vitamin A are milk, cheese, and *fortified* tomato juice.

9. Las comidas del paquete de WIC que contienen vitamina A son la leche, el queso y el jugo de tomate fortificado.







10. It is easy to get more vitamin A. For instance, when you're making soup or stew, add a carrot for each member of the family. When preparing tacos, use fresh spinach instead of lettuce. Cook sweet potatoes or pumpkin with cinnamon, and serve them with milk. Try a fruit salad. Use oranges, avocados, apples, grapes, and pears, if they're available. You can also use cantaloupe, papaya, bananas, mangos, and watermelon. Not only will fruit salads give you vitamin A, but they will also give you vitamin C. Remember, it's important to eat foods high in vitamin A everyday, and it is *especially important* when you're pregnant.

10. Es fácil de obtener la vitamina A. Por ejemplo, cuando está haciendo caldo agregue una zanahoria para cada miembro de su familia. Cuando hace tacos, use espinaca fresca en vez de lechuga. También prepare camotes o calabaza con canela y sírvalos con leche. Haga una ensalada de fruta usando naranjas, aguacates, manzanas, uvas y peras. También puede usar papayas, plátanos, mangos o sandía. La ensalada de fruta no solo le da la vitamina A sino que también le da la vitamina C. Recuerde que es importante comer alimentos ricos en la vitamina A todos los días y especialmente cuando está encinta.







#### Post-test Questions and Suggested Answers

1. Why does everyone need vitamin A?

Answer: For good eyesight, to be able to see in the dark, for healthy skin, mouth, digestive tract, and lungs. It also helps us resist infections. Children need vitamin A to grow properly and for proper tooth development.

2. Why is it important to eat foods high in vitamin A when you're pregnant?

Answer: Pregnant women need extra vitamin A for the growing baby. The baby needs vitamin A for cell growth and development, skin and tooth formation, and normal bone growth.

3. What two foods did you eat yesterday that are high in vitamin A?

Answer: Examples could include: chili peppers, papayas, cantaloupe, tomatoes, and fortified milk.

4. What are five foods that are high in vitamin A?

Answer: Examples could include: broccoli, fortified milk, liver, peaches, and sweet potatoes.

#### Teaching Aids

1. *Food and Nutrition, Supplemental Lessons for Training Extension Aides, Key Nutrients*, "Lesson 7: Vitamin A," USDA 1970. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: 45 cents.

2. *Handout No. 9: Vitamin A*. Mildred Crance, Media Services, B-10 Martha Van Rensselaer Hall, NYS College of Human Ecology, Cornell University, Ithaca, NY 14853, 1976. Price: \$1.50 for 25 copies.

#### End of Lesson

Remember: Record lesson completion and whether or not the participant has mastered the material on the WIC Program verification of certification card.

#### Cuestionario Después de la Lección y Respuestas Sugeridas:

1. ¿Por qué necesitamos todos la vitamina A?

Respuesta: Para tener la vista buena, para poder ver en la obscuridad, para tener la boca y los intestinos digestivos saludables, así como la piel y los pulmones. También nos da resistencia contra las infecciones. Los niños también necesitan la vitamina A para crecer y para formar los dientes debidamente.

2. ¿Cuándo está encinta por qué es importante comer alimentos ricos en la vitamina A?

Respuesta: Cuando está encinta necesita aun más vitamina A para su bebé que está creciendo. La vitamina A le ayuda a su bebé a desarrollarse debidamente y a tener la piel saludable, la vista buena, y formación debida de los dientes y huesos.

3. ¿Qué son dos alimentos que comió ayer que son ricos en la vitamina A?

Respuesta: Ejemplos incluyen: los chiles, las papayas, los tomates y la leche fortificada.

4. ¿Qué son cinco alimentos que son ricos en la vitamina A?

Respuesta: Ejemplos incluyen: el brocal, la leche fortificada, el hígado, los duraznos y los camotes.

#### El Fin de la Lección

Recuerde: Tiene que indicar en la tarjeta de verificación de certificación del Programa de WIC, que el participante completó la lección y que sí o no comprendió y aprendió la materia.







